

DINNERLY



Low-Cal Herby Beans and Eggs with Sweet Leeks and Capsicum Yoghurt



30 minutes



2 Servings

Earthy cannellini beans and tender, sweet leek cooked in a rich tomato and capsicum sauce – sounds fabulous, right? Even better, it's low in calories!

WHAT WE SEND

- 1 leek
- dill
- 400g cannellini beans
- 400g can cherry tomatoes
- 50g chargrilled capsicum dip
- 100g Greek-style yoghurt ⁷

WHAT YOU NEED

- 1 garlic clove
- 1½ tbs olive oil
- 1 tsp sugar
- 2 eggs ³

TOOLS

- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 460kcal, Fat 25.6g, Carbs 35.0g, Proteins 22.3g



1. Prep ingredients

Halve the **leek** (see Kitchen 101) lengthwise and thinly slice the pale stem, discarding any dark green stem. Crush or finely chop **1 garlic clove**. Coarsely chop the **dill**, discarding the stems. Drain and rinse the **beans**.



2. Soften leek

Heat **1½ tbs olive oil** in a medium deep frypan over medium heat. Cook the **leek**, stirring occasionally, for 8 mins or until softened. Add the **garlic** and cook, stirring, for 1 min or until fragrant.



3. Simmer sauce

Add the **beans, tomatoes, half the capsicum dip, half the dill** and **1 tsp sugar** to the pan and stir to combine. Season with **salt and pepper** and bring to a simmer. Make 2 indents in the mixture, then crack **2 eggs** into the indents. Reduce the heat to low and cook, covered, for 8-10 mins until the eggs are cooked to your liking. Remove the pan from the heat.



4. Make capsicum yoghurt

Meanwhile, put the **yoghurt** and **remaining capsicum dip** in a bowl, season well with **salt and pepper** and stir to combine.



5. Serve up

Scatter the **remaining dill** over the **beans and eggs**. Top with the **capsicum yoghurt** and put the pan in the centre of the table for everyone to help themselves. Enjoy!



6. Kitchen 101

Prior to chopping, give the pale part of the leek a good rinse under running water to remove any hidden dirt.